

# CULINARY ARTS (CULPT)

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## **CULPT-101 CULINARY SKILLS I 3 Credits**

Introduction to the culinary world, through the classroom and a kitchen lab setting, students will learn basic knife skills, kitchen operations, product identification, recipe structure, and introduction to mother sauces. This Introduction to Culinary Arts course is designed to give students the fundamental food preparation terms, concepts, and methods in Culinary Arts where laboratory practice will parallel class work. Industry techniques, skills, and terminology are covered and mastered with an emphasis on basic kitchen and dining room safety, sanitation, equipment maintenance and operation procedures. The course also provides an overview of the professionalism in the culinary industry and career opportunities leading into a career pathway to Culinary Arts.

## **CULPT-194 IN:MANAGEMENT I 6 Credits**

Standards to receive credits for this "internship" course are for students to have a viable connection to the culinary industry through working in/for a controlled environment managed by the culinary professor(s) on the LC State campus or through partnership with industry. The culinary intern is an integral member of the campus or industry team and hands-on experience can include, but is not limited to menu development, recipe formulation, facilities management, and day-to-day operations of an active kitchen. The intern's time can be split between hands-on kitchen work, procurement, and culinary-related administrative tasks, assisting the kitchen team by prepping ingredients, maintaining the kitchen space, equipment and supplies. They also contribute to the creation of kitchen/ restaurant operations materials and culinary development and conduct research on ingredients, packaging, vendors, and concepts. A minimum of 64 internship hours is required to pass this course.

## **CULPT-201 CULINARY SKILLS II 3 Credits**

Students will perfect knife skills, kitchen inventory systems, menu layout and design, costing, and kitchen management through the classroom and a kitchen lab setting. In this pre-professional Culinary Arts course, students revisit the fundamental food preparation terms, concepts, and methods explored in Culinary Skills I. Creativity and imagination, combined with learned technical skills will prepare students for real-world application. Students will also explore professional and student organizations associated with the industry. Pre-requisites: CULPT-101.

## **CULPT-215 PATISSERIE ESSENTIALS 3 Credits**

An introduction and then execution of basic bread, pastry, and classic desserts. Garnish design and plating, along with introduction to decorating and cake design. This class will include lessons on terminology and skills that are associated with recipes and formulas of baking. Students will focus on understanding and interpreting, knowing how to correctly measure different food items, troubleshoot problems and mistakes, analyze for efficiency, yield and portion sizes.

## **CULPT-225 LIFESTYLE CUISINE AND NUTRITION 3 Credits**

Culinary food trends brought to life through dietary and lifestyle choices such as gluten-free, paleo, vegan, primal, and vegetarian. This class discusses and teaches the basic principles of nutrition, wellness and the preparation of such foods. The knowledge gained from this course will enhance students' awareness regarding personal food choices and health related choices.

## **CULPT-240 CATERING ESSENTIALS AND DESIGN 3 Credits**

This class focusses on catering fundamentals, menu design, costing, recipe development, staffing, contracts, and equipment needs. In this unit, students will identify and demonstrate the principles and processes of cooking in a professional kitchen in regards to catering and large events. Students will examine the various cooking methods, techniques and preparations. Students will identify, differentiate between, and describe various food service styles such as Quick Service, Casual, Family Dining, Institutional (contract food services), and Fine Dining related to catering. Students will understand and demonstrate a variety serving techniques, set up and service for a variety of serving methods.

## **CULPT-250 INTERNATIONAL CUISINE 3 Credits**

This class is an introduction and execution of cuisines from around the world. Includes African, Greek, Italian, and Chinese/Japanese, French, German, Hungarian menus and more with focus on ingredients, spices, flavor profiles, technique, and plating. A showcase of the course learnings will be presented for faculty to enjoy as the final project in this class. Students in the International Cuisine class will be introduced to the world of cooking. This course emphasizes the cooking methods, eating habits, and cultural characteristics of people in diverse cultures and geographical areas.

## **CULPT-260 GARDE MANGER AND SAUCIER 3 Credits**

This class teaches the concepts and structure in preparing cold hors d'oeuvres, sandwiches, salads, dressings while focusing on the total utilization of product. Mastering of Mother Sauces, aioli's, dressings, and house made seasonings and spice combinations. Experienced in choosing, preparing, and presenting cold foods, such as salads, cold soups, meats and cheeses. Knife skills - cutting, chopping, carving, dicing. Ability to fill in at other stations when chefs are absent. Charcuterie is an expanding food trend that is often a component of the pantry chef's overall responsibility. The discipline is explored casually in some restaurants, but other chefs have made entire careers of producing superlative homemade sausages.

## **CULPT-294 IN: MANAGEMENT II 6 Credits**

Standards to receive credits for this externship course are for students to have a viable connection to the culinary industry through the following: A job in the culinary industry, a philanthropic endeavor in the culinary industry that produces, and an agreed upon connection to industry by instructor and student A culinary externship is a valuable work experience that provides culinary students with opportunities to sharpen their skills, expand their knowledge base and make valuable industry contacts. The main purpose is to help students transition into a successful career. Externships provide students with supervised support and feedback, which will help them hone their skills and perfect their culinary techniques. A minimum of 160 externship hours is required to pass this course.

**CULPT-295 BUTCHERY/CHARCUTERIE 3 Credits**

This course develops skills in butchering of meat and poultry products. Students will learn to turn lesser-used cuts into artisan charcuteries, sausages and cured meats, and to break down primal cuts of beef, lamb, veal, lamb, pork, wild game, poultry and seafood using technical preparation techniques, turning pieces into restaurant cuts. Students will learn the fundamentals of processing, salting, fermenting, and curing pork. Emphasis will be placed on tying microbiological knowledge to hands-on skills in the broader context of food safety and state and federal regulations. After covering a brief history of the craft, students will learn to process meat with respect and confidence and wasting as little as possible. This class involves learning to break down large portions of meat to smaller sizes in the form of steak, ground meat, sausage or additional chopped or cut meat. Students use tools such as grinders, cleavers, knives and slicing machines.